RUSSEL ORHII PRESENTS

POWERBUILDING VOL.8

WORLD RECORD HOLDER ▯ 2X WORLD CHAMPION ▯ 6X NATIONAL CHAMPION

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PHYSICAL ADVISORY
INTENSE TRAINING

さあ行こう！

LET'S GO!

WELCOME TO THE 8TH INSTALLMENT OF MY POWERBUILDING PROGRAM SERIES. IT'S TIME TO TAKE YOUR SQUAT, BENCH, AND DEADLIFT TO THE NEXT LEVEL!

THIS PROGRAM IS 8 WEEKS LONG WITH A 5-6 DAY SPLIT...

CONTINUED...

さあ行こう！ LET'S GO!

IT IS IMPORTANT TO KNOW YOUR MOST RECENT MAXES ON SQUAT, BENCH, AND DEADLIFT SO YOU CAN GET THE BEST RESULT POSSIBLE.

TIPSヒント

YOU SHOULD SPEND A WEEK OR A COUPLE OF DAYS OF GETTING YOUR MAXES ON SQUAT, BENCH, AND DEADLIFT. MAXING OUT SHOULD BE DONE IN CONTROLLED ENVIRONMENT. THIS ONE REP MAX SHOULD BE VERY COMFORTABLYDONE WITH NO OBVIOUS BREAKDOWN IN FORM.

- THIS PROGRAM IS BASED OFF OF PERCENTAGES OF YOUR 1 REP MAX ON THE BIG 3, BUT YOU CAN CHANGE THE WEIGHT IF YOU CANNOT COMPLETE SOME OF THE REP SCHEMES THAT ARE ASKED OF YOU. SOME DAYS WILL BRING DIFFERENT CHALLENGES SO THERES NOTHING WITH DROPPING THE WEIGHT IF IT CANNOT BE DONE SAFELY AND PROPERLY WITH GOOD FORM.

- NO EASY DAYS. DON'T JUST SKATE BY THIS PROGRAM. SOME DAYS ARE MENT TO BE SMOOTH BUT THERE WILL ALSO COME TIMES WHERE YOU WILL NEED TO CHALLENGE YOURSELF AND DIG DEEP. ANYTHING OVER 80-85% SHOULD BE SOMEWHAT CHALLENGING.

CONTINUED...

TIPSヒント

- TRY NOT TO REST TOO LONG IN BE-
TWEEN SETS. ATTACK THE TRAINING
SESSIONS. PUSH YOURSELF. GET OFF
YOUR PHONE. LIMIT CONVERSATIONS. I
WANT YOU TO FEEL LIKE YOU DID SOME-
THING WHEN YOU LEAVE THE GYM.

- THE BODYBUILDING WORK SHOULD
HAVE SHORT INTERVALS. THE GOAL
SHOULD BE TO KEEP THAT PUMP GOING.
COOLING OFF IS NOT AN OPTION.

- YOU CAN CYCLE THROUGH THIS PRO-
GRAM AS MUCH AS YOU WOULD LIKE.
YOU JUST NEED TO RETEST YOUR MAXES
WHEN YOU ARE FINISHED.

- PRIORITIZE GOOD FORM. ATTEMPT-
ING HEAVY WEIGHTS WITH BAD FORM
LEACE THE DOOR OPEN TO INJURY.

- LIVE TO FIGHT ENOUGH DAY. LISTEN
TO YOUR BODY. STOP YOUR TRAINING
SESSION IF SOMETHING DOES NOT
FEEL RIGHT.

CONTINUED...

LEGEND: KEY WORDS AND PHRASES.

キーワード

フレーズ

SUPER SET - THE 2 MOVEMENTS LISTED CONSECUTIVELY NEED TO BE DONE IN IMMEDIATE SUCCESSION. FOR EXAMPLE YOU NEED TO DO YOUR DUMBBELL ROWS IMMEDIATELY AFTER YOUR DUMBBELL BENCH PRESS IS THEY ARE LISTENED NEXT TO EACH OTHER AND HAVE THE SUPER SET TAG NEXT TO IT.

TRI SET - THE 3 MOVEMENTS LISTED CONSECUTIVELY NEED TO BE DONE IN IMMEDIATE SUCCES-SION.
IT IS THE SAME AS A SUPER SET, THERES JUST ONE MORE

記録

PYRAMID SETS - YOU NEED TO INCREASE WEIGHT AFTER EVERY SET. IF THE LAST SET HAS A HIGHER REP RANGE LIKE 10 OR 12 THAT MEANS YOU SHOULD GO TO A LIGHTER WEIGHT.

CONTINUED...

LEGEND. KEY WORDS + PHRASES.

凡例、キーワード、フレーズ

SINGLE ARM - NEEDS TO BE DONE WITH ONE ARM

SUPER SET AND PYRAMID SET - YOU SHOULD BE GOING UP IN WEIGHT AFTER EVERY SUPER SET

EACH LEG - ISOLATE EACH LEG

- HOLD LAST 3 REPS - YOU SHOULD HOLD THE REP AT THE TOP FOR 2-3 SECONDS AND CONTROL IT ON THE WAY DOWN TO THE STARTING POSITION

- SLOW AND CONTROLLED - CONTROL THE ECCENTRIC PORTION OF THE MOVEMENT. FIGHT GRAVITY.

- 45LB PLATES - GRAB ONE OF THE 45LB PLATES FOR THE MOVEMENT

CONTINUED...

INDEX
索引

WEEK 1 9

WEEK 2 12

WEEK 3 15

WEEK 4 18

WEEK 5 21

WEEK 6 24

WEEK 7 27

WEEK 8 30

THANK YOU 34

POWERBUILDING

パワービルディング VOL. 8

WEEK 1

1週目

WEEK 1 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	85 % 1RM
SQUAT	2 X 7	70 % 1RM
DB RDLS	3 X 10	N/A
DB BULGARIAN SQUAT	3 X 10	N/A
GLUTE BRIDGES	3 X 12	N/A

WEEK 1 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	85 % 1RM
BENCH	2 X 7	70 % 1RM
DB SHOULDER PRESS (PYRAMID SETS)	10, 8, 8, 6	N/A
DB INCLINE BENCH (PYRAMID SETS)	10, 8, 8, 6	N/A
DB LATERAL RAISE	3 X 10	N/A
CABLE FLY	3 X 10	N/A
DB REAR DELT FLY	3 X 12	N/A

WEEK 1 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	80 % 1RM
DEADLIFT	2 X 6	70 % 1RM
DB ROW (PYRAMID SETS)	12, 10, 8, 8	N/A
CLOSE GRIP PULLDOWNS (PYRAMID SETS)	12, 10, 8, 8	N/A
ROPE PULLOVER	3 X 12	N/A
CABLE CURLS	4 X 10	N/A
DB HAMMER CURLS	4 X 10	N/A

WEEK 1 / DAY 4

EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 4	75 % 1RM
MACHINE CHEST PRESS (PYRAMID SETS)	12, 10, 10, 8	N/A
DB OVERHEAD TRICEP EXT	3 X 8	N/A
EZ BAR SKULLCRUSHER	3 X 10	N/A
MACHINE FLY (PYRAMID SETS)	12, 10, 10, 8	N/A
WEIGHTED DIPS	2XFAILURE	N/A

WEEK 1 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 5	70 % 1RM
GOOD MORNINGS	3 X 5	N/A
HAMSTRING CURLS	3 X 10	N/A
DB RDL	3 X 8	N/A
DB LUNGES (EACH LEG)	3 X 8	N/A
BACK EXTENSIONS	3 X 10	N/A

WEEK 1 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
EZ BAR SPIDER CURLS	3 X 10	N/A
CABLE PUSHDOWNS (CONTROL ECCENTRIC)	3 X 8	N/A
CHIN UPS	3 X 8	N/A
TATE PRESS (SINGLE ARM)	3 X 10	N/A
INCLINE DB CURL (CONTROL ECCENTRIC)	3 X 8	N/A
DIAMOND PUSHUPS (WITH A 45LB PLATE)	2XFAILURE	N/A

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WEEK 2

WEEK 2 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	85 % 1RM
SQUAT	3 X 7	70 % 1RM
GOBLET SQUAT	2XFAILURE	N/A
LEG PRESS (PYRAMID SETS)	12,8,6	N/A
HAMSTRING CURLS (SLOW ECCENTRIC)	4 X 6	N/A
BACK EXTENSIONS	3 X 10	N/A

WEEK 2 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	85 % 1RM
BENCH	3 X 8	70 % 1RM
WEIGHTED DIPS	2XFAILURE	N/A
STRAIGHT BAR PUSHDOWNS	3 X 12	N/A
DB FLAT BENCH (CONTROL ECCENTRIC)	3 X 8	N/A
ROPE CABLE TRICEP EXT	3 X 12	N/A
WEIGHTED PUSHUPS (WITH A 45LB PLATE)	3 X 12-15	N/A

WEEK 2 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	85 % 1RM
DEADLIFT	3 X 5	75 % 1RM
VBAR PULLDOWNS (PYRAMID SETS)	12, 10, 8, 8	N/A
INCLINE SEAL ROW	3 X 10	N/A
MACHINE ROW	3 X 8	N/A
DB CONCENTRATION CURL	3 X 8	N/A
ROPE CURLS	3 X 12	N/A

WEEK 2 / DAY 4

EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 5	75 % 1RM
MACHINE SHOULDER PRESS (CONTROLLED ECCENTRIC)	3 X 8	N/A
DB REAR DELT FLY	3 X 10	N/A
CABLE UPRIGHT ROW	3 X 10	N/A
DB CHEST FLY	3 X 8	N/A
PUSHUPS (WITH A 45LB PLATE)	2XFAILURE	N/A

WEEK 2 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 5	75 % 1RM
GOOD MORNINGS	3 X 5	N/A
DB BULGARIAN SPLIT SQUAT	3 X 10	N/A
GLUTE BRIDGES (PYRAMID SETS)	12,8,10	N/A
DB STEP UPS (EACH LEG)	3 X 8	N/A
BACK EXTENSIONS	3 X 10	N/A

WEEK 2 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
CLOSE GRIP BENCH	3 X 8	N/A
BARBELL OHP	3 X 8	N/A
STRAIGHT BAR CURL (CONTROL ECCENTRIC)	3 X 8	N/A
CABLE PUSHDOWN (SUPER SET)	3 X 10	N/A
CABLE CURLS	3 X 10	N/A
OVERHEAD ROPE EXTENSION	3 X 8	N/A

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パワービルディング VOL. 8

WEEK 3

WEEK 3 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	85-90 % 1RM
SQUAT	3 X 8	70-75 % 1RM
LEG EXTENSIONS	3 X 10	N/A
DB RDLS	3 X 10	N/A
DB BULGARIAN SQUAT	3 X 10	N/A
GLUTE BRIDGES	3 X 12	N/A

WEEK 3 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	2 X 1	85, 90 % 1RM
BENCH	3 X 8	70-75 % 1RM
DB SHOULDER PRESS (PYRAMID SETS)	10, 8, 8, 6	N/A
DB INCLINE BENCH (PYRAMID SETS)	10, 8, 8, 6	N/A
DB LATERAL RAISE	3 X 10	N/A
CABLE FLY	3 X 10	N/A
DB REAR DELT FLY	3 X 12	N/A

WEEK 3 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	2 X 1	85, 90 % 1RM
DEADLIFT	3 X 5	80 % 1RM
DB ROW (PYRAMID SETS)	12, 10, 8, 8	N/A
CLOSE GRIP PULLDOWNS (PYRAMID SETS)	12, 10, 8, 8	N/A
ROPE PULLOVER	3 X 12	N/A
CABLE CURLS	4 X 10	N/A
DB HAMMER CURLS	4 X 10	N/A

WEEK 3 / DAY 4

EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 6	75 % 1RM
MACHINE CHEST PRESS (PYRAMID SETS)	12, 10, 10, 8	N/A
DB OVERHEAD TRICEP EXT	3 X 8	N/A
EZ BAR SKULLCRUSHER	3 X 10	N/A
MACHINE FLY (PYRAMID SETS)	12, 10, 10, 8	N/A
WEIGHTED DIPS	2XFAILURE	N/A

WEEK 3 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 4	80 % 1RM
GOOD MORNINGS	3 X 5	N/A
HAMSTRING CURLS	3 X 10	N/A
DB RDL	3 X 8	N/A
DB LUNGES (EACH LEG)	3 X 8	N/A
BACK EXTENSIONS	3 X 10	N/A

WEEK 3 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
EZ BAR SPIDER CURLS	3 X 10	N/A
CABLE PUSHDOWNS (CONTROL ECCENTRIC)	3 X 8	N/A
CHIN UPS	3 X 8	N/A
TATE PRESS (SINGLE ARM)	3 X 10	N/A
INCLINE DB CURL (CONTROL ECCENTRIC)	3 X 8	N/A
DIAMOND PUSHUPS (WITH A 45LB PLATE)	2XFAILURE	N/A

WEEK 4

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WEEK 4 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	90 % 1RM
SQUAT	4 X 5	80 % 1RM
GOBLET SQUAT	2XFAILURE	N/A
LEG PRESS (PYRAMID SETS)	12,8,6	N/A
HAMSTRING CURLS (SLOW ECCENTRIC)	4 X 6	N/A
BACK EXTENSIONS	3 X 10	N/A

WEEK 4 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	2 X 1	90, 95 % 1RM
BENCH	4 X 5	85 % 1RM
WEIGHTED DIPS	2XFAILURE	N/A
STRAIGHT BAR PUSHDOWNS	3 X 12	N/A
DB FLAT BENCH (CONTROL ECCENTRIC)	3 X 8	N/A
ROPE CABLE TRICEP EXT	3 X 12	N/A
WEIGHTED PUSHUPS (WITH A 45LB PLATE)	3 X 12-15	N/A

WEEK 4 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	90-95 % 1RM
DEADLIFT	4 X 5	80 % 1RM
VBAR PULLDOWNS (PYRAMID SETS)	12, 10, 8, 8	N/A
INCLINE SEAL ROW	3 X 10	N/A
MACHINE ROW	3 X 8	N/A
DB CONCENTRATION CURL	3 X 8	N/A
ROPE CURLS	3 X 12	N/A

WEEK 4 / DAY 4

EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 6	75-80 % 1RM
MACHINE SHOULDER PRESS (CONTROLLED ECCENTRIC)	3 X 8	N/A
DB REAR DELT FLY	3 X 10	N/A
CABLE UPRIGHT ROW	3 X 10	N/A
DB CHEST FLY	3 X 8	N/A
PUSHUPS (WITH A 45LB PLATE)	2XFAILURE	N/A

WEEK 4 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	4 X 4	80-85 % 1RM
GOOD MORNINGS	3 X 5	N/A
DB BULGARIAN SPLIT SQUAT	3 X 10	N/A
GLUTE BRIDGES (PYRAMID SETS)	12,8,10	N/A
DB STEP UPS (EACH LEG)	3 X 8	N/A
BACK EXTENSIONS	3 X 10	N/A

WEEK 4 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
CLOSE GRIP BENCH	3 X 8	N/A
BARBELL OHP	3 X 8	N/A
STRAIGHT BAR CURL (CONTROL ECCENTRIC)	3 X 8	N/A
CABLE PUSHDOWN (SUPER SET)	3 X 10	N/A
CABLE CURLS	3 X 10	N/A
OVERHEAD ROPE EXTENSION	3 X 8	N/A

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WEEK 5

WEEK 5 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	75 % 1RM
SQUAT	3 X 4	60 % 1RM
LEG PRESS	3 X 8	N/A
HAMSTRING CURL	3 X 8	N/A
BACK EXTENSIONS	2 X 10	N/A
CALF RAISES	2 X 15	N/A

WEEK 5 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	70 % 1RM
BENCH	3 X 4	60 % 1RM
INCLINE BENCH (PYRAMID SETS)	10, 8, 6, 10	N/A
DB SHOULDER PRESS (PYRAMID SETS)	10, 8, 6, 10	N/A
PLATE RAISES	3X12-15	N/A
CABLE FLY	3X12-15	N/A
DB LATERAL RAISES	3 X 10	N/A

WEEK 4 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	75 % 1RM
DEADLIFT	3 X 3	65 % 1RM
BARBELL ROW	10, 8, 6, 10	N/A
MACHINE HIGH ROW	10, 8, 6, 10	N/A
PULL UPS	3X12-15	N/A
REVERSE GRIP CABLE CURLS	3X12-15	N/A
DB CURLS (CONTROL ECCENTRIC)	3 X 10	N/A

WEEK 5 / DAY 4

EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 3	50 % 1RM
CABLE FLY	2XFAILURE	N/A
DB FLAT BENCH (PYRAMID SETS)	12, 10, 8, 12	N/A
DB TRICEP EXTENSIONS	3 X 10	N/A
TRICEP DIPS	3 X 12	N/A
DB BENCH PULLOVER	3 X 8	N/A

WEEK 5 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 2	65 % 1RM
GOOD MORNING	3 X 6	N/A
DB LUNGES	3 X 8	N/A
GOBLET SQUATS (CONTROL ECCENTRIC)	3 X 8	N/A
DB RDL	3 X 6	N/A
BACK EXTENSIONS	3 X 8	N/A

WEEK 4 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
DB ARNOLD PRESS (PYRAMID SETS)	10, 8, 6, 8	N/A
DB LATERAL RAISE	3 X 10	N/A
DB FRENCH CURL (PYRAMID SETS)	10, 8, 6, 8	N/A
DB TRICEP EXTENSION	3 X 10	N/A
CABLE REVERSE CURLS (PYRAMID SETS)	10, 8, 6, 8	N/A
DB CONCENTRATION CURLS	3 X 10	N/A

WEEK 6

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WEEK 6

WEEK 6 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	85 % 1RM
SQUAT	4 X 4	75 % 1RM
GOBLET SQUAT	2XFAILURE	N/A
LEG PRESS (PYRAMID SETS)	12, 10, 8, 12	N/A
DB RDLS (CONTROL ECCENTRIC)	3 X 8	N/A
CALF RAISES	3 X 15	N/A

WEEK 6 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	85 % 1RM
BENCH	4 X 4	75 % 1RM
DB FLAT BENCH (PYRAMID SETS)	12, 10, 8, 12	N/A
BENCH DIPS	3 X 10	N/A
ROPE EXTENSIONS (CONTROL ECCENTRIC)	3 X 8	N/A
PLATE RAISES	3 X 10	N/A
CABLE UPRIGHT ROWS	3 X 8	N/A

WEEK 6 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	85 % 1RM
DEADLIFT	4 X 3	75-80 % 1RM
T-BAR ROW (PYRAMID SETS)	10, 8, 6, 10	N/A
WIDE GRIP PULLDOWNS (CONTROL ECCENTRIC)	3 X 8	N/A
INVERTED ROW	3X10-12	N/A
EZ BAR CURLS (CONTROL ECCENTRIC)	3 X 8	N/A
REVERSE CABLE CURL	3 X 10	N/A

WEEK 6 / DAY4

EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 4	75 % 1RM
PLATE RAISES	2X15-20	N/A
DB SHOULDER PRESS	3 X 10	N/A
FACE PULLS	3 X 12	N/A
CABLE FLY	3 X 10	N/A
WEIGHTED PUSHUPS (WITH 45LB PLATE)		N/A

WEEK 6 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 5	75 % 1RM
GOOD MORNING	3 X 5	N/A
LEG PRESS (SINGLE LEG)	3 X 8	N/A
HAMSTRING CURLS	3 X 10	N/A
DB BULGARIAN SPLIT SQUAT	3 X 8	N/A
BACK EXTENSIONS	3 X 10	N/A

WEEK 6 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
MACHINE CHEST PRESS (CONTROL ECCENTRIC)	4 X 10	N/A
EZ BAR SKULLCRUSHER	3 X 10	N/A
DB HAMMER CURL (PYRAMID SETS)	12, 10, 8, 10	N/A
EZ BAR CURLS	3 X 10	N/A
ROPE EXTENSIONS	3 X 10	N/A
CABLE FLY	4 X 12	N/A

WEEK 7

POWERBUILDING

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WEEK 7 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	90-95 % 1RM
SQUAT	4 X 3	80 % 1RM
LEG PRESS	3 X 8	N/A
HAMSTRING CURL	3 X 8	N/A
BACK EXTENSIONS	2 X 10	N/A
CALF RAISES	2 X 15	N/A

WEEK 7 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	90-95 % 1RM
BENCH	4 X 2	80 % 1RM
INCLINE BENCH (PYRAMID SETS)	10, 8, 6, 10	N/A
DB SHOULDER PRESS (PYRAMID SETS)	10, 8, 6, 10	N/A
PLATE RAISES	3X12-15	N/A
CABLE FLY	3X12-15	N/A
DB LATERAL RAISES	3 X 10	N/A

WEEK 7 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	90-95 % 1RM
DEADLIFT	3 X 2	80 % 1RM
BARBELL ROW	10, 8, 6, 10	N/A
MACHINE HIGH ROW	10, 8, 6, 10	N/A
PULL UPS	3X12-15	N/A
REVERSE GRIP CABLE CURLS	3X12-15	N/A
DB CURLS (CONTROL ECCENTRIC)	3 X 10	N/A

WEEK 7 / DAY 4

EXERCISE	SETS X REP	PERCENTAGE
BENCH	4 X 3	80 % 1RM
CABLE FLY	2XFAILURE	N/A
DB FLAT BENCH (PYRAMID SETS)	12, 10, 8, 12	N/A
DB TRICEP EXTENSIONS	3 X 10	N/A
TRICEP DIPS	3 X 12	N/A
DB BENCH PULLOVER	3 X 8	N/A

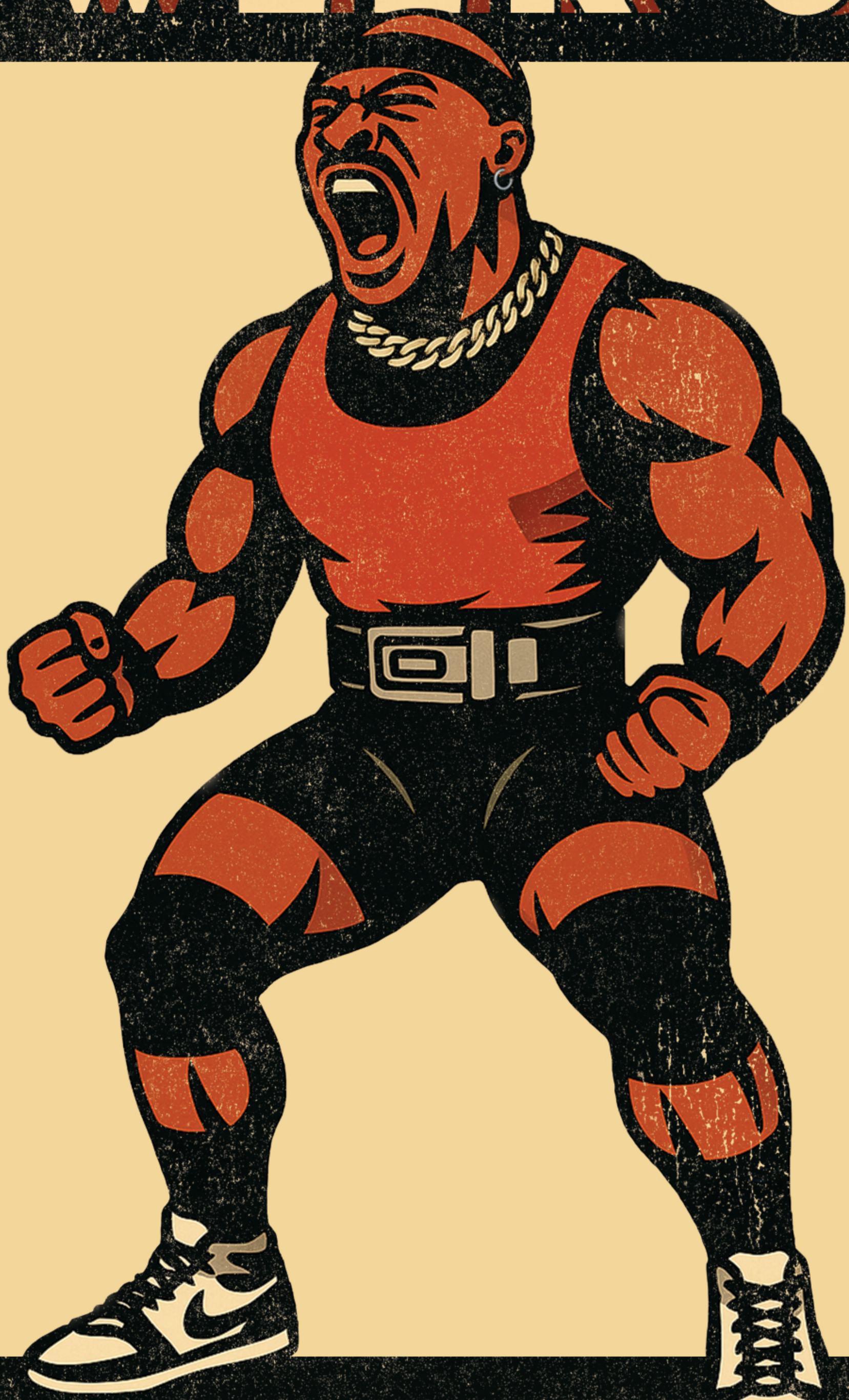
WEEK 7 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	4 X 2	70 % 1RM
GOOD MORNING	3 X 6	N/A
DB LUNGES	3 X 8	N/A
GOBLET SQUATS (CONTROL ECCENTRIC)	3 X 8	N/A
DB RDL	3 X 6	N/A
BACK EXTENSIONS	3 X 8	N/A

WEEK 4 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
DB ARNOLD PRESS (PYRAMID SETS)	10, 8, 6, 8	N/A
DB LATERAL RAISE	3 X 10	N/A
DB FRENCH CURL (PYRAMID SETS)	10, 8, 6, 8	N/A
DB TRICEP EXTENSION	3 X 10	N/A
CABLE REVERSE CURLS (PYRAMID SETS)	10, 8, 6, 8	N/A
DB CONCENTRATION CURLS	3 X 10	N/A

WEEK 8



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WEEK 8 / DAY 1

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	1 X 1	MAX OUT
SQUAT	3 X 2	80-90 % 1RM
GOBLET SQUAT	2XFAILURE	N/A
LEG PRESS (PYRAMID SETS)	12, 10, 8, 12	N/A
DB RDLS (CONTROL ECCENTRIC)	3 X 8	N/A
CALF RAISES	3 X 15	N/A

WEEK 8 / DAY 2

EXERCISE	SETS X REP	PERCENTAGE
BENCH	1 X 1	MAX OUT
BENCH	3 X 2	80-90 % 1RM
DB FLAT BENCH (PYRAMID SETS)	12, 10, 8, 12	N/A
BENCH DIPS	3 X 10	N/A
ROPE EXTENSIONS (CONTROL ECCENTRIC)	3 X 8	N/A
PLATE RAISES	3 X 10	N/A
CABLE UPRIGHT ROWS	3 X 8	N/A

WEEK 8 / DAY 3

EXERCISE	SETS X REP	PERCENTAGE
DEADLIFT	1 X 1	MAX OUT
DEADLIFT	2 X 2	80 % 1RM
T-BAR ROW (PYRAMID SETS)	10, 8, 6, 10	N/A
WIDE GRIP PULLDOWNS (CONTROL ECCENTRIC)	3 X 8	N/A
INVERTED ROW	3X10-12	N/A
EZ BAR CURLS (CONTROL ECCENTRIC)	3 X 8	N/A
REVERSE CABLE CURL	3 X 10	N/A

WEEK 6 / DAY4

EXERCISE	SETS X REP	PERCENTAGE
BENCH	3 X 4	75 % 1RM
PLATE RAISES	2X15-20	N/A
DB SHOULDER PRESS	3 X 10	N/A
FACE PULLS	3 X 12	N/A
CABLE FLY	3 X 10	N/A
WEIGHTED PUSHUPS (WITH 45LB PLATE)		N/A

WEEK 6 / DAY 5

EXERCISE	SETS X REP	PERCENTAGE
SQUAT	3 X 2	75 % 1RM
GOOD MORNING	3 X 5	N/A
LEG PRESS (SINGLE LEG)	3 X 8	N/A
HAMSTRING CURLS	3 X 10	N/A
DB BULGARIAN SPLIT SQUAT	3 X 8	N/A
BACK EXTENSIONS	3 X 10	N/A

WEEK 6 / DAY 6 (OPTIONAL)

EXERCISE	SETS X REP	PERCENTAGE
MACHINE CHEST PRESS (CONTROL ECCENTRIC)	4 X 10	N/A
EZ BAR SKULLCRUSHER	3 X 10	N/A
DB HAMMER CURL (PYRAMID SETS)	12, 10, 8, 10	N/A
EZ BAR CURLS	3 X 10	N/A
ROPE EXTENSIONS	3 X 10	N/A
CABLE FLY	4 X 12	N/A

THANK YOU
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I'M HONORED YOU CHOSE TO PURCHASE VOLUME 8 OF MY POWERBUILDING PROGRAM SERIES. THIS MAY BE SOME OF YALLS INTRODUCTION TO POWERLIFTING AND FOR THAT I'M FOREVER GRATEFUL. I STARTED MAKING THESE PROGRAMS TO GIVE PEOPLE AN IDEA OF WHAT IT'S LIKE TO TRAIN LIKE MYSELF AND YOU GUYS HAVE SHOWN ME YOUR GRIT, DEDICATION, AND PHYSICAL RESOLVE. THANK YOU FOR LIFTING WITH ME AND CHEERS TO MANY MORE POUNDS ADDED TO THE BAR!

THANK YOU,